








# Get There!

## Set Goals Towards a Healthy Life

Give yourself 1 point for every goal you complete. Tally at the end of the week to see your score.	<u>Physical Activity</u>	<u>Fruits and Vegetables</u>	<u>Screen Time</u>	<u>Sweet Drinks</u>	<u>Personal Goal</u>	<u>Personal Goal</u>	<u>Daily Totals</u>
	Be active for at least 1 hour	Eat at least one fruit or vegetable at each meal.	Don't spend more than 2 hours in front of the screen (TV, games, or computer)	No more than 1 sweet drink (includes soda, fruit drinks, Kool-Aid)			
							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Weekly Total</b>							

## How Do I Use this Form?

See how many goals you can meet each day. There are 4 goals in the boxes, and 2 additional goals that you can choose yourself. Give yourself 1 point for every goal you meet and total the points up at the end of the day for your score. Try for a daily score of 3 or more. Add up your daily scores at the end of the week to find out your total score for the week. Get a score of 21 or more and you're doing great! Try to beat your scores next week.

## How Do I Set a Personal Goal?

The first four goals on this sheet are important for a healthy lifestyle and are already written out for you. There are also two goals each week that *you* can decide. You know yourself and your lifestyle best. Have a behavior that you know isn't healthy, write it down! Have something that you've always wanted to add to your life to be healthy? Set a goal! When writing goals, keep in mind the 3 key components below:

### 1.) Specific

Setting a goal of eating better is good, but be more specific. Are you going walk 1 mile at least 5 days this week? Switch from 2% milk to non-fat milk? Be clear with what you want to achieve.

### 2.) Realistic

Be ambitious with your goals, but don't set them so high that you can't reach them. For example, if you have never run before, don't set a goal this week that you are going to run 5 miles a day. It is unlikely that you will reach it. Instead, start off slow with your goals and build up each week. Stick with a reasonable goal such as trying to run ½ mile per day 3 days this week and a set a long term goal of getting up to five miles per day 4 days a week over the next 3 months.

### 3.) Forgiving

Be careful about setting an 'always' or 'never' goal. Don't say that you will *never* eat ice cream if you normally eat it most days after dinner. Be flexible and give yourself options. Instead say you will eat ice cream no more than 2 times per week.

## Ideas for Personal Goals

Here are some ideas for personal goals to help you get started. Be creative! What do you want to achieve for yourself?

I will eat fast food no more than once per week (check off all of the days you don't eat out).

I will eat fruit or vegetables as an after school snack 4 days this week.

I will not eat in front of the computer or television.

I will take a walk after dinner for 30 minutes 5 days this week.

I will eat breakfast everyday.